

Nutritional Energetics
Mp3 Attunement PDF
Wednesdays

There will be 12 weeks of attunements – actually 13, because you should also have the Travel Pack gift.

Each week you will receive further attunement on one of the MP3s, attuning you to its contents for potentiation. This will also keep your MP3 clean and clear as well as a reminder that they are there if they resonate with you. I know that I have many Mp3s that I just forget about!.

Frequency infusions can take time to step down to your 3d body, however unique to EACH of these MP3s attunements is the activation of your Multidimensional Integration System to have optimum performance for bringing in these intents and nutritional infusions.

Also included is the reminder to honor (that part of the body's function) and to give gratitude to all the cells and tissues involved.

The Mp3 information is in 3 parts

1 . Healing music

2. Nutritional intents infused in the Mp3

3. The characteristics of the nutritionals in the physical state. This is for information & educational purposes only, please check with your doctor or qualified nutritionist before adding any supplements, superfoods or other nutrients to your diet.

These will be posted on the Facebook page each Wednesday as well as emailed to you.

These Mp3s are infused “over” the healing Solfreggio tones.

They sound a bit different because the tones ARE different.

Some of you may know about them and listen to the tones on You tube etc and within other listening and healing audios.

Google more for more info... but here's a primer. And we will talk more about sound when we get to the Multidimensional Body info in the classes

Solfeggio frequencies make up the ancient 6-tone scale thought to have been used in sacred music, including the beautiful and well known Gregorian Chants. The chants and their special tones were believed to impart spiritual blessings when sung in harmony. Each Solfeggio tone is comprised of a frequency required to balance your energy and keep your body, mind and spirit in perfect harmony.

About 1914 – our music was changed.

Then in the 1970's, an herbalist “re-discovered” these healing tones.

You can get many of these healing tones online these days – so search this info out.

The Mp3s I created for you are one particular tone with nutritional infusions added. For the Travel Pack the unique earth tone was used, for the others the two Solfeggio tones of 528Hz and 432 Hz were used.

Each highly infused MP3 includes the removal of negative energies, aura clearing, and all essential cell salts plus the individual superfoods nutritional support.

For even **higher vibe waters** : use the water MP3 to energize your water THEN use another of my MP3s to infuse that water with nutritional support

Caution: start with only 2 ounces at a time if you feel your body is compromised

Credit for the music itself is given to Javier Ramon Brito. He offers other healing tones and music on his website. <http://www.musicbrito.com/>

May 3rd Energized Water

May 10th Travel Pack

Note: this is to the Earths tone and is very grounding. I am seeing many in the sessions so far with Magnetic Field imbalances so this one will come second!

May 17th Energy Boost

May 24th Morning Cell Protection

May 31st Bone Building

June 7th Beauty Boost

June 14th Superfoods Blast

June 21st Brain Boost

June 28th Stem Cell Boost

July 5th Antioxidant Boost

July 12th Meal Boost

July 19th Detox and Balancing

July 26th Evening Restoration